

# HEALTH REPORT

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## ADHD SYMPTOMS IMPROVE WITH OMEGA FATTY ACID SUPPLEMENTS

A study appearing in the Journal of Developmental and Behavioral Pediatrics indicates that omega-3 fish oil might alleviate the symptoms of attention deficit hyperactivity disorder (ADHD).

The study by researchers at the University of South Australia involved 132 children suffering from ADHD and lasted for 30 weeks. All the children were aged between 7 and 12 years.

During the first 15 weeks, researchers split the children into three groups and assigned them to receive either an omega-3 supplement, omega-3 plus a multivitamin, or a placebo in the form of palm oil capsules. After this, each child was given omega-3 and the multivitamins for the remaining 15 weeks. Researchers said over 50 percent of the children taking omega-3 for the entire 30 weeks had considerable improvements in symptoms like hyperactivity, impulsivity and inattention. However, multivitamins showed no benefits in ADHD, the researchers said.

When the placebo group was switched over to omega-3, all children showed improvements in ADHD symptoms, the researchers added. Reacting to the study, Philip Calder, professor of nutritional immunology at the University of Southampton said it was further evidence that omega-3 fatty acids were important in ADHD.

“The results of this latest trial add to the growing body of evidence showing that children with attention problems can benefit from increased intake of certain fatty acids,” he added.

SOURCE: Journal of Developmental & Behavioral Pediatrics, April 2007,  
<http://www.jrnldbp.com/pt/re/jdbp/abstract.00004703-200704000-00002.htm;jsessionid=GpbWp0wQ43dhysPzRpfznnxZvnhgXP9Y5221p1KQy0j3JHJBjXFg!3145886!-949856145!8091!-1>